

**MEMORANDUM OF UNDERSTANDING**  
**Between the City of Grants Pass and IAFF Local 3564**

**SUBJECT: MODIFICATION OF THE FIREFIGHTER PHYSICAL ABILITY EXAMINATION**

This Memorandum of Understanding is entered into between the City of Grants Pass (City) and the International Association of Firefighters Local 3564 (IAFF) on the 13th day of September, 2010.

With the completion of the new training tower and updates to the training grounds it is the intent of both parties to modify the annual Firefighter Physical Ability Examination to incorporate the original Stair Tower Climb. This MOU shall remain in affect unless by mutual agreement the City and the Union agree to modify or terminate the MOU. This MOU does not preclude either party from exercising their rights under the collective bargaining laws of the State of Oregon.

This MOU refers to the portion outlined in "Exhibit E" in the Agreement between the City of Grants Pass and International Association of Firefighters Local 3564. Specifically under "Timed Events"

**#8 – Stair Climb shall be changed to read:**

**Stair Climb:** After raising and lowering the ladder, the applicant will pick up the hose bundle and carry it up to the third floor of the training tower, place both feet on the landing, place the hose bundle on the landing, turn and descend the stairs. The applicant will perform this exercise by maintaining control of the hose bundle in an under arm or over the shoulder fashion. The applicant is not allowed to skip steps during the ascent or decent portion of the test. After exiting the Training Tower the applicant will proceed to the Victim Rescue.



## EXHIBIT "E"

### **Firefighter Physical Ability Examination**

#### **TEST PREPARATION**

The following suggestions should help you prepare yourself physically for the test:

- Avoid junk food and maintain a well-balanced diet for several days before the test.
- Avoid tranquilizers and stimulants such as caffeinated beverages, especially on the day of the test.
- Get a good night's sleep before the test.
- Do not drink a lot of liquids or eat a large meal before the test.
- Avoid alcohol several days prior to and especially on the day of the test.

On the day of testing, all applicants are required to wear:

- Long pants (shorts are not allowed for safety reasons)
- Sport shoes
- Other gear will be provided by the department

**PLEASE NOTE: YOU WILL NOT BE ALLOWED TO PARTICIPATE IN THE EXAMINATION IF YOU ARE NOT WEARING LONG PANTS (e.g., jeans, sweats).**

#### **DESCRIPTION OF THE TEST**

An orientation and walk through will be given by a test administrator to all applicants prior to the actual examination. Applicants must fully understand what is expected of them before being allowed to take the test. All events must be performed safely and as designated.

The test is composed of the following events:

##### *Un-timed Events*

1. **Claustrophobia Crawl:** Applicants will be led to the entrance of a doorway where they will grab on to a section of rope. With a darkened facemask covering the eyes, applicants must follow the rope through to the other side of a dark room. **Letting go of the rope will result in disqualification.** Maintaining a grip on the rope is important when fighting fires so one does not get lost in a smoky building. The Grants Pass Fire Department requires applicants to maintain a grip on the rope at all times. Applicants will be advised they may encounter obstacles along the way and that if this happens, they are to maneuver around or over all obstacles. When passage to the other side of the room has been completed, applicants will be permitted to remove the darkened mask.
2. **Aerial Climb:** The fire department's aerial apparatus will be extended 75 feet off the ground at an angle of 70 degrees. A belay line will be strung through the top rung of the ladder to serve as a safety line. Applicants will be tethered to the belay line and will, upon instruction, ascend and descend the ladder without stopping. Applicants shall be considered to have reached the top of the ladder when they can place both hands on the top rung. Applicants will be given plenty of time to complete the aerial climb event.

### *Timed Events*

During the sequence of timed events, it is extremely important to pace yourself. Over-exerting yourself early in the test may reduce the amount of energy you have left for exercises at the end of the test, such as the victim rescue. **Applicants are not allowed to run between events since this is usually not permitted on the training ground and on the job. However, you may walk at a brisk pace during the examination.**

3. Hose Drag: Timing starts with this event. Once the aerial climb has been completed successfully, applicants will pull a 5 inch supply hose with a coupling attached a distance of 50 feet and set it on the ground. The end of the hose may be placed over a shoulder or grasped with both hands. The hose will be pre-arranged on the ground in a similar pattern for each applicant.
4. Cap Loosening: Applicants will then go to a hydrant whose steamer cap has been torqued to approximately 135 foot pounds of torque. Applicants will loosen the cap with a hydrant wrench attached to the front nut of the steamer cap. The applicant shall turn the cap nut counterclockwise for about a half a turn. After each applicant, the cap will be retightened to approximately 135 foot pounds of torque.
5. Charged Hose Advance: The applicant will pick up the nozzle and move a 1 3/4 inch charged (i.e. filled with water) hose for a distance of 75 feet and set the nozzle on the ground. The end of the hose may be placed over a shoulder or grasped with both hands. The hose will be pre-arranged on the ground in a similar pattern for each applicant.
6. PPV Carry: After advancing the hose line, the applicant will pick up a positive pressure ventilation fan (PPV), carry it a distance of approximately 25 feet and set it on the ground.
7. Ladder Extension: The applicant will then pull the halyard rope until the ladder is fully extended, as confirmed by a test monitor. Applicants must raise the halyard using a hand-over-hand motion and they have to control the lowering of the ladder using a hand-over-hand motion. If applicants drop the ladder, they must repeat the event from the beginning.
8. Stair Climb: After raising and lowering the ladder, the applicant will pick up the hose pack and carry it up a single flight of stairs, place both feet on the second floor landing, turn and descend the stairs, placing both feet on the ground floor, turn and repeat for a total of three ascents and descents while carrying the hose pack. Upon descending the stairs for the third time the candidate will set the hose pack on the ground. The applicant will perform this exercise by maintaining control of the hose bundle in an under arm or over shoulder fashion. The applicant is not allowed to skip steps during the ascent or decent portion of the test.
9. Victim Rescue: The applicant will grasp a dummy weighing approximately 150 pounds and drag (not carry) the dummy a distance of 75 feet whereupon timing of the events will stop. The applicant may grasp the dummy by whatever means necessary without the aid of any extra equipment. The dummy shall be dragged head first.

### *Additional Information*

1. The examination will be administered only as weather permits.
2. Before testing begins, conserve energy by sitting and waiting for your turn. The examination is physically demanding and you will need your energy. You may want to stretch your muscles, but do not overexert yourself.

3. Before beginning the test, each applicant will try on the Self Contained Breathing Apparatus (SCBA) and adjust the straps as necessary to ensure it is comfortable. A test monitor will be present to assist with any equipment adjustments.
4. Bunker coat and helmet, which are provided, shall be worn throughout the course of the examination. In addition, applicants are required to wear long pants (e.g. jeans, sweats) and encouraged to wear sport shoes. Applicants are not permitted to wear shorts.
5. The test begins with two un-timed exercises. These are the aerial climb and the claustrophobia crawl. Applicants unable to successfully complete either of these exercises will not be allowed to continue with the testing process.

Applicants able to complete the entire sequence of exercises successfully within 4 minutes and 48 seconds pass the test. In accordance with the Civil Rights Act of 1991, a single cut-off score is used for applicants of both genders and for all ethnicities.

On the following page is a map illustrating the entire test sequence.

